

ABSTRACT OF THE DISCLOSURE

An optical disk apparatus for recording data on an optical disk. Prior to recording data on the optical disk, a controller
5 records test data in a test area of the optical disk, thereby
optimizing write power. After having recorded the test data, the
controller computes a difference between jitter or an error rate
obtained when test data are overwritten at write power higher than
that used for recording test data and jitter or an error rate
10 obtained when test data are overwritten at write power lower than
that used for recording the test data. A jitter or error rate
difference is detected while write power is changed. Write power
at which the jitter or error rate difference is smaller than or
equal to a predetermined threshold value is selected as optimum
15 write power, and data are recorded in a data area.